

How Am I Travelling?

A practical wellbeing guide
for professional placement



Your wellbeing matters.

When you're travelling well, you learn, connect and grow.



Small steps make a big difference.



You don't have to do placement alone.

We're in this together.

Professional does not mean perfect.



You matter. Your wellbeing matters.



RMIT
UNIVERSITY

Your Placement Wellbeing Dashboard

How am I travelling right now?

Use the dashboard to check in across key areas.



ENERGY



Do I have enough energy to manage placement and recover?

HEADSPACE



How am I coping mentally and emotionally?

CONNECTION



Do I feel connected and supported?

CAPACITY



Is what I'm carrying manageable?

CONFIDENCE



Do I feel able to learn, make mistakes and develop?

SAFETY & SUPPORT



Do I feel safe, respected and able to ask for help?

Where am I at today?



STEADY

I'm going okay



WATCH

I need to pay attention



STRAINED

I'm feeling the pressure



SUPPORT NEEDED

I need help



Wellbeing looks different day to day.

There is no right or wrong place to be.
Checking in helps you stay on track.

You've got this.



TIP

The dashboard is for you.

Be honest with yourself and use it to guide what you need.

What's Affecting My Wellbeing?

Lots of things can support or put pressure on our wellbeing.



GETTING THERE



IN THE SETTING



FEEDBACK & CONNECTION



PLANNING & RECOVERY



Travel, time, cost, sleep, preparation



Workload, routines, relationships, behaviour, unexpected moments



Feedback, mentor relationships, belonging, asking questions



Planning, study, family, rest, time for you



SUPPORTING ME

- ✓ Clear expectations
- ✓ Supportive relationships
- ✓ Kind and constructive feedback
- ✓ Manageable workload
- ✓ Preparation and planning
- ✓ Rest and recovery
- ✓ Connection with others
- ✓ A sense of purpose
- ✓ Celebrating small wins



PUTTING PRESSURE ON ME

- ✗ Unclear expectations
- ✗ High workload
- ✗ Travel and time pressures
- ✗ Poor sleep or rest
- ✗ Difficult feedback
- ✗ Isolation or feeling disconnected
- ✗ Competing responsibilities
- ✗ Perfectionism and self-criticism
- ✗ Unexpected challenges



Awareness is the first step. You can't change what you don't notice.

Notice → Check → Respond

A simple cycle to help you recognise what's happening, understand what you need, and take a helpful next step.



You don't need to have all the answers. Just take the next best step.



NOTICE

What am I noticing?



How am I feeling?



What's going well?



What's getting harder?



What am I noticing in others or the situation?



CHECK

What's contributing?



What's supporting me?



What's putting pressure on me?



What do I need more of (or less of)?



What can I do today?



What can I plan ahead?



Who can I talk to or ask for support?



RESPOND

What do I need right now?



A pause or breath?



Something practical?



A conversation?



Time to reflect or reset?



Support from someone else?



A small action I can take?



Small actions can make a big difference.
You don't need to solve it all at once.



Look after yourself to look after others.

Feedback & Relationships Matter

Strong relationships and helpful feedback support your learning, confidence and wellbeing on placement.



GOOD FEEDBACK

Helps you learn and grow.
Speak up, ask questions
and take what's useful.



BUILD YOUR PEOPLE

Mentors, peers and
educators are here
to support you.



CHECK IN WITH OTHERS

A quick chat can make
a tough day feel lighter.



GIVE & RECEIVE FEEDBACK

Be open, be respectful,
be solution-focused.
It helps everyone.



Ways to strengthen your connections



Have regular check-ins

Schedule time with your mentor or educator
to talk about your goals and how you're going.



Listen actively

Be open to feedback and different perspectives.
Listen to understand, not just to reply.



Be present and contribute

Engage in conversations, team meetings
and learning moments.



Offer appreciation

Acknowledge the support and guidance
of others. A simple thank you goes a long way.



Know where to go for help

Talk to your mentor, university liaison
or use the support services available to you.



Helpful feedback is...



SPECIFIC

Clear examples
that explain what
went well or could
be improved.



TIMELY

Given in the
moment or soon
after—when it can
make a difference.



RESPECTFUL

Kind, supportive
and focused on
learning and
growth.



ACTIONABLE

Includes ideas
or strategies you
can use in your
practice.



*You're not in this alone.
Connection builds confidence
and belonging.*



REMEMBER

Strong relationships and feedback
help you thrive—now and in your future career.



Look After Yourself to Do Your Best

You can't pour from an empty cup.
Small, regular self-care choices help you manage stress, stay well and keep going.



Self-care essentials



Rest

Prioritise sleep, breaks and downtime.



Fuel

Eat regular, balanced meals and stay hydrated.



Move

Physical activity boosts mood and energy.



Mind

Take time to breathe, reflect and reset.



Do what uplifts you

Make time for things that bring you joy and meaning.

Boundaries matter

Boundaries help protect your time, energy and wellbeing so you can focus on what's important.



Be clear

Know your limits and communicate them respectfully.



Say no (or not now)

It's okay to decline or delay requests that stretch you too far.



Protect your time

Build in time for rest, study, meals and personal commitments.



Manage your availability

You don't have to be available 24/7.



Give yourself permission

You deserve the same care and kindness you give to others.

Quick strategies for tough moments



BREATHE

Try 4-4-4 breathing:
inhale 4, hold 4,
exhale 4.



PAUSE

Take a step back.
What do I need
right now?



MOVE

A short walk or
stretch can clear
your head.



RESET

Do something that
helps you feel calm
or comfortable.



REACH OUT

Talk to someone
you trust or use
support services.



FOCUS

Choose one small
step you can take
right now.



REMEMBER

Self-care isn't selfish.
It's essential.

When you look after yourself,
you show up stronger for others.



*Be kind to yourself.
You're doing better than you think.*

